

Your Journey to Wellness



ASTONLARK

Make your main trip in 2020 a journey to wellness



THE SAMARITANS - ALL MONTH

The Samaritans' appeal to help those struggling with mental health - 0330 094 5717



NATIONAL SIMPLICITY DAY - 12TH JULY

A day to focus on the simple things in life away from stress and the modern world



CYCLE TO WORK DAY - 6TH AUGUST

Campaign to get people cycling and raise awareness of Cycle to Work schemes



WORLD BREASTFEEDING WEEK 1ST-7TH AUGUST

Encouraging parent-friendly workplaces upon mothers returning to work



SUICIDE PREVENTION DAY - 10TH SEPTEMBER

Day to raise awareness of, and to show the impact of suicide



ON YOUR FEET BRITAIN - 24TH SEPTEMBER

Campaign to get office workers moving



SCROLL FREE SEPTEMBER

Campaign to get people to stop scrolling through social media to help their mental health



Research* shows there is a strong correlation between the physical and mental health of employees and how they perform at work.

As a result, health & wellbeing is becoming an increasing focus for employers of all sizes. Our roadmap highlights some key dates and events to be aware of in the third quarter of 2020. Dominic Perry of Aston Lark Employee Benefits is available to assist you on your journey to wellness.

Call **020 7543 2817** or email dominic.perry@astonlarkeb.com

www.astonlark.com/wellbeing

*Research by Vitality and the Financial Times

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AL-EB-012-0720